

The Tolland Buzz



HOW TO MAKE YOUR RESOLUTIONS WORK IN 2019!

The New Year is a great time to take stock of your life. Look at what has been working well for you and what you would like to change in 2019. Your resolutions should be a journey of self-improvement. Most people will fail with their resolutions. According to one report by [U.S. News](#), 80% of New Year's resolutions fail by the second week of February. Be Well wants to help you be successful. One way to keep going past the first few weeks is to formulate a resolution that is relevant, clear, and ultimately contributes to a change in habit.

It might help to think of a resolution as a goal you want to achieve. According to [Robert Weinburg of Miami University](#) it might help to copy what successful athletes do. He states that "athletes set goals to provide direction and focus for their actions." The point of a goal is to keep you oriented and moving forward. "Many people set vague intentions such as 'eat more healthfully' or 'get more exercise' which won't work," says [Pauline Wallin, PhD, a licensed psychologist](#). Here's an example: "I want to lose 20 pounds." This is far off & vague. Instead, try creating a goal or resolution that you have complete control over and is still connected to your ultimate result. You want to lose weight? How does one lose weight? By eating less & moving more. How does one eat less? By deciding to eat less and actually doing it.

Set a goal Studies have shown that people who write down their [S.M.A.R.T goals](#) (on paper or phone apps) are more likely to achieve them compared to those who only make mental vows. For those folks that are more visual, creating a Pinterest board, or a hard copy vision board, may be a valuable alternative. Our subconscious mind works in pictures and images, so making an image-filled

vision board can help your reticular activating system filter what you see, so you are more attentive to those things that are more in line with what you aim to achieve. You can supplement your pictures with words and phrases to increase the emotional response you get from it. Try to place it in a location that gives you maximum exposure to it. The sight of your vision board should fuel your motivation to turn your vision.

Make it realistic

Some goals are easier to achieve in smaller chunks. If your goal is to eat healthier, first commit to adding one extra serving of vegetables per meal, and then add a timeframe or endpoint, like a month. Once you reach the endpoint reassess how that worked for you. If you were successful, when the next month rolls around, add two servings. Setting a certain timeframe for each effort gives you more of a sense of progress than having an open-ended goal.

Celebrate the small success

[Navy SEAL Admiral William McRaven](#) offers lessons about how to cultivate determination, compassion and discipline. He also emphasizes the importance of setting yourself up for the day by doing one quick, easy task that makes you feel a sense of accomplishment before you grab your first cup of coffee. "Never underestimate the strength of a win and how that feeling can set you up for larger changes over time. "Each success emphasizes your progress & those micro-benchmarks should be celebrated.

Don't expect it to go smoothly

Life gets messy, and if you don't take that into consideration, it may sideline your resolve. For example, "You might plan to get up and eat a healthy breakfast, but if you oversleep, do you have

healthy options in the office fridge," asks [Laura Vanderkam](#), a time-management expert. "Anyone can plan for things to go right. True time-management masters plan for when things go wrong." This could mean having healthy meals in the freezer or putting your workout clothes in your bag the night before.

Don't focus on the slip ups

Most people have days where they fall off track, but more than 70% of those who keep their resolutions say slipping up strengthens their efforts and helps them succeed. "Quitters view it as a fatal flaw, they believe 'I failed. This is proof positive that I will never do it,' and they go back to the problem behavior," says [John Norcross, PhD, professor of psychology at the University of Scranton](#), whose research examines New Year's resolution compliance. "Messing up is unfortunate but it's natural. It doesn't mean it's over. Get back on the wagon, so to speak. It's not how often you slip, it's how you respond to the slip." If you have a fall from grace, take this opportunity to review what the trigger was that caused the slip up. Reassess your motivation and the barriers you encountered. Use this to create strategy to cope with the trigger or barrier the next time you encounter it.



HAPPENINGS AROUND TOWN

[9th Annual East Windsor American Heritage River Commission New Year's Day hike](#). Tuesday, January 1st from 1-3pm. Come explore the 2.5 mile loop trail. Hike steps off at 1 p.m. in the parking area at end of Melrose Road, Broad Brook. Dress appropriately for weather and proper footwear for conditions. Friendly dogs are welcomed. Hot chocolate and a warming barrel will be provided. Some parts of the trail include log bridge crossings and hilly terrain. Donations will be collected for the local food pantry (human and pet items). 100 Melrose Rd. Broad Brook.

[The Last Green Valley New Year's Day Hike](#) – Tuesday, January 1 from 11am till 1pm. The location of the hike is the Goodwin Forest Conservation Center, 23 Potter Rd. Hampton.

[Colchester Youth Services' Resolution 5K Run](#) - Tuesday, January 1, at 10am. Join us for fun, fitness & a fresh start at the Colchester Youth Services Resolution 5K Run. All proceeds will go towards Colchester Youth Services' Youth Center and scholarship funds. Prizes will be awarded for the first male & female winner of each category. Bib pick up & onsite registration begins at 8:30am, Race begins at 10am. Colchester Town Hall - 127 Norwich Ave, Colchester, CT [Online registration will be open until 12/31 at 4:30pm. All registration prior to the race must be completed online.](#)

[Resolution Run 5K in South Windsor](#) – Sunday, January 13, 8:30 a.m.-noon. Start the New Year running. The 5K starts and finishes adjacent to Connecticut Valley Brewing Company, where warm food and a cold beer awaits following the run. The race benefits the South Windsor Parks & Recreation. Connecticut Valley Brewing Company, 765 Sullivan Ave, South Windsor.

[Chili Cook-Off for Ecole Agape](#) – Saturday, January 19 from noon till 3pm. Fun for the whole family. Enjoy live music, raffle, sides dishes, and prizes. All proceeds benefit Ecole Agape, the only free school for girls in Haiti. St. Philip the Apostle Church, 64 Pompey Hollow Rd (Route 44) Ashford. \$10 in advance, \$12 day of event; active military and children (under 7) free.

BE WELL REWARDS NEWS

Maintain, Don't Gain - We will hold the weigh-out after the New Year. As soon as a location and time has been determined, you will be notified.

For those of you that were members of CardioXpress. Please let Be Well know if you have changed gyms/fitness centers.



Roasted Brussels Sprouts

INGREDIENTS

- ◆ 1 1/2 lbs Brussels sprouts
- ◆ 3 tablespoon olive oil
- ◆ salt and pepper to taste

DIRECTIONS

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper.

Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more salt, and serve immediately.



January is National Radon Action Month.

Radon is a colorless, odorless gas that is responsible for more than 21,000 lung cancer deaths per year in the US. It is a naturally occurring radioactive gas formed from the natural decay of uranium, and is found in rock, soil & water. While radon in outdoor air poses a relatively low threat to human health, radon can enter homes from the surrounding soil and become a health hazard inside buildings.

Testing is the only way to find out if your home has elevated

radon levels. The Connecticut Department of Public Health (CT DPH) Radon Program recommends that all residents throughout the state test the air in their homes for radon. The Surgeon General and EPA recommend testing for radon and reducing radon in homes that have high levels (4 picocuries per liter or higher). Radon levels less than 4 pCi/L still pose a risk, and in many cases may be reduced

The Eastern Highlands Health District has partnered with the CT DPH Radon Program to

offer a limited number of FREE test kits to the residents of the 10 towns we serve.

To get a free test kits, please contact EHHD at 860-429-3325

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from your employer. The goal of the program is to make the healthy choice the easy choice.

